

INDEX	
Opinion	Page 2
News	Page 3
Sports	Page 4
News	Page 6
Classified	Page 7

## SPORTS

### SOARING FALCONS

The No. 24 Air Force football team and ESPN2 visit Spartan Stadium on Saturday at 6 p.m.



## NEWS

### ALL 'CHOKED' UP

Master's degree student attempts to extend shelf-life of fresh produce in SJSU experiment



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# SPARTAN DAILY

Serving San Jose State University Since 1934

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WEDNESDAY

October 22, 1997

## Caret wheelchair tour angers students

■ President tests campus accessibility; \$11 million needed for ADA compliance

By Allison K. Wright  
Staff Writer

Several students were angered and frustrated by President Robert Caret's quick roll through the San Jose State University campus Tuesday.

Caret and other faculty members rode around campus in wheelchairs in an effort to test the accessibility of the university for the physically disabled students.

"We feel the time he spent rolling around in a wheelchair was a waste of time," disabled student Del Basid said. "It was a token attempt to satisfy disabled students."

Basid said the campus is filled with accessibility problems which caused seven of his disabled friends to drop out of school.

Basid said the accessibility problems include:

- The street push buttons on San Fernando Street are not accessible to people in wheelchairs.

- The ramp in front of the Admissions Building is often blocked by cars.

- Some of the doors in the Clark Library are not big

"We feel the time he spent rolling around in a wheelchair was a waste of time. It was a token attempt to satisfy disabled students."

— Del Basid  
disabled student

enough for some wheelchairs to get through.

- The push button door to the Administration building is often out of order so a disabled person cannot get in without assistance.

- The elevators all over campus are often out of order.

- The drape in the bathroom does not give disabled privacy.

Sue Ore, another disabled student, said when she told Caret about the accessibility problems in the Key Luncheon he told her he was getting a "headache."

"I was offended when the president said he was getting a headache after I told him about all the areas on campus that need to be fixed in order for the disabled to be safe," she said.

See **Accessibility**, page 6



Charles Slay/Spartan Daily

President Robert Caret, followed by Monica Rascoe, vice president of student affairs attempt to ascend the Business Tower ramp in wheelchairs as part of a lesson in accessibility Tuesday afternoon.



Working in the Student Health Center's Condom Co-Op, Renée Allen displays condoms and other sexually related products available to students. The products are sold at cost making them more affordable and easily accessible for students.

Scott Lechner/Spartan Daily

## Condom co-op provides array of safe sex options

By Yvonne Ohumukini-Urness  
Staff Writer

Diversity on the SJSU campus isn't just about people anymore.

Condoms in a variety of colors, textures and thicknesses can be found at the Condom Co-Op on the second floor of the Student Health Center.

The self-funded co-op sells condoms, dental dams, gloves and lubricants.

Peer Health Educator Renee Allen said the co-op gives students a choice by offering different condoms than those sold in supermarkets and at the health center pharmacy.

Dental dams, thin "one-use-only" latex sheets used for protection during oral sex, protect the users from the transmission of sexually transmitted diseases and viruses.

Allen recommended the use of gloves

for protection whenever there is hand/genital contact because many bacteria can be transmitted from the hand to other parts of the body, such as the mouth.

Lubricants, either plain or "flavored" are available in trial sizes as well as full sizes. Some of the flavors include kiwi strawberry, tropical fruit, cinnamon, pina colada, watermelon and mango orange.

Allen said the co-op wants to provide students with choices and encourages students to experiment with different types to see what they and their partner enjoy.

"It's cute when the couples come in," Allen said. "This is not just hetero-

See **Co-op**, page 6

## Housing legislation rejected

■ Wilson vetoes bill for loans to fund student cooperatives valued at \$2.2 million

By Catherine Spencer  
Senior Staff Writer

Students across the state lost a chance to increase low-cost university housing when Gov. Pete Wilson vetoed a bill Oct. 13 to fund the housing project.

"I was disappointed to learn about Wilson's decision, but I wasn't surprised by it," said Susan Hansen, San Jose State University's director of university housing. "The governor is not well-known for supporting higher education."

Wilson said he rejected the bill because he felt it was unnecessary since the state provides financial aid and several universities and colleges already have housing programs to address students' needs.

If the student housing bill had passed on Oct. 13, the government would have set aside more than \$2.2 million in loans over the next three years to finance and build more student housing cooperatives at California's colleges and universities.

Cooperatives are student owned and operated houses where a group of students share a house and collectively run the household — cooking, cleaning, shopping and paying the bills.

Students living in co-ops can See **Housing**, page 8

### Condom Co-op price list:

#### Condoms

.20  
Supersized or textured .30  
Lubricated .25

#### Lubricants

Aqualube packet - .25  
2 oz. tube - 3.00  
Liquid Silk packet - .50  
50 ml. tube - 4.00

#### Dams/misc.

Lollyes Dam .65  
Gloves 10 for 1.00

## Genital herpes on rise among Generation X

By Yvonne Ohumukini-Urness  
Staff Writer

Since the late 1970s, the number of people with genital herpes has doubled among white "twenty-somethings" and increased five-fold among white teenagers.

In all, one in five Americans over age 12 have contracted the incurable infection, according to a report released this week from the Centers for Disease Control and Prevention.

Herpes is a viral infection that can cause sores on the mouth or genital area. Herpes simplex type 1 is characterized by a "cold sore" on the lips and mouth.

Herpes simplex type 2, more commonly known as genital herpes, can manifest itself as a blister-like sore in the genital area, upper thighs, buttocks or anus.

Michael St. Louis, one of the doctors who authored the CDC report, said other sexually transmitted diseases such as gonorrhea have declined, even though studies have shown that young people had higher rates of unprotected sex, premarital sex and multiple sex partners.

Louis expressed surprise that the number of herpes cases went up despite the public-awareness campaign about AIDS. But not all experts feel the same.

Gray Davis, president of the Herpes Advice Center in Durham, N.C. — speaking in an interview from her car phone — said the '80s was the decade that had the most sex education, but that it was all targeted toward HIV (human immunodeficiency virus).

"I think what happened is that the heterosexual population didn't

**"...The heterosexual population didn't consider themselves at risk for HIV, so they didn't hear the (safe sex) message."**

— Gray Davis  
president of the Herpes Advice Center

consider themselves at risk for HIV, so they didn't hear the (safe sex) message," she said.

Davis emphasized that it doesn't matter if a person is in a high-risk group or not.

"It's your behavior that places

you at risk: sex with multiple partners, if you don't talk with your partner, if you don't know your partner very well, if you don't practice safe sex," Davis said. "It's if you had that type of behavior."

An alarming survey conducted by the advice center found that many women felt that if they were monogamous, they were not at risk, regardless as to whether their partner was monogamous or not.

Gray also noted that funding for herpes research was redirected to HIV in the early '80s.

"The country was trying to respond to a medical crisis situation," she said.

Student Health Center Nurse Practitioner Shirley Woods noted that she had not seen an

See **Herpes**, page 6



## Blame for Sharks' deplorable season rests on Lombardi's shoulders

I have to admit I bought into the hype — hook, line and sinker.

For the third year in a row I believed this might be the turnaround year for the San Jose Sharks.

Instead, the fierce fish are doing little more than floating belly up in the tank. If the Sharks continue their losing ways, they'll be lucky to win more than 20 games and will miss the playoffs for the third year in a row.

It's not like the Sharks can't win. Before this season started,

they stole Stanley Cup MVP Mike Vernon from the Detroit Red Wings.

They hired on Darryl Sutter, a coach who had never missed the playoffs, to be the new head man.

They signed free agent Stephane Matteau, a player who helped the New York Rangers end their Stanley Cup drought.

They already have Marty McSorley, who's been on three championship teams.

Then throw in Nolan Owen, Todd Gill and Bernie Nicholls, who are some of the best and

most durable players around the league.

You combine those players anywhere else in the NHL and you get a winning record. In San Jose, you end up with a team in the cellar. Where do you place the blame when a talented team goes in the toilet?

The fans at San Jose Arena can tell you. Shirts that read "Trade Lombardi" have become a novelty of die-hard fans.



SCOTT SHUEY

For anybody who missed that joke, Sharks General Manager Dean Lombardi was the person who traded away a play-off team three seasons ago. Back then the Sharks made the playoffs and even knocked off the top-seeded teams two years in a row.

That wasn't good enough for Lombardi, so he decided to make some trades. Now not a single player from the team that

knocked off the Red Wings four seasons ago in one of the biggest upsets in sports history is still with them.

Those traded players have gone elsewhere and made names for themselves. Igor Larionov, who was one of Lombardi's first trades, won the cup last year with the Red Wings. In fact, every team that made the conference finals last year had a former Shark on it.

The Sharks finished last season with just over 20 wins.

Lombardi is making these trades to destroy the team. He's

trying to make a name for himself. The name he has gotten though isn't the one he wanted. Instead of being compared to football god Vince Lombardi (the name's all they have in common), he's being compared to Al Davis or George Steinbrenner, men who are some of the most hated people in their sports.

There's still one difference between them and Lombardi, however. Lombardi can't win.

Scott Shuey is a *Spartan Daily* Staff Writer.

### Editorial

#### Feminism should not be defined; it's a belief in equality between genders

Some words are undefinable. Feminism may be one of those words.

But there are still certain things that can be said about what feminism is and isn't.

Feminism and man-hating are not synonyms, as some would believe. Feminism is self-empowering. It isn't about knocking either gender down a peg.

It is about equality. It is also about pride and self-worth. Feminism should be beyond gender, ethnicity and race. Men can, and should, be feminists, too.

No picture is inserted next to the definition of feminism in the dictionary. The word feminism shouldn't conjure any kind of negative images, because feminism has many different degrees. A narrow view of the topic does not do it justice.

Gloria Steinem and others who support the "cause" of feminism conjure up bad images for some.

We urge those people to put their biases aside and listen to what these activists have to say with open minds. Prejudice stems from ignorance.

In the end, no one can say what feminism is. It can't and shouldn't be pinned down to a few words.

Instead, feminism should be embraced as a word that shouldn't be defined. It should be seen as a belief in people and the right for people to be seen as equals on all fronts. Feminism is a plea for humanism. It includes basic equalities that should apply to all.

Only then can feminism truly achieve the equality it is searching for.

*This guest editorial was written by the staff of The Post, Ohio University's newspaper.*



Mike Messenger

## Perfection equals destruction

"You look fat in those tights."

I will never, ever, in my lifetime forget my figure skating instructor looming over me asking me what my weight was because it looked like I'd "put on some."

At the time, I was 12 years old, 5-foot-3-inches and 98 pounds.

A recent University of Washington study of 1,820 female athletes across the nation found 32 percent practiced at least one form of eating disorders (vomiting, starvation, use of laxatives, diuretics or diet pills) compared to 18 percent of females in the entire population.

Topping the list was gymnasts and figure skaters with 62 percent being plagued by eating disorders.

Examples are easy to come by.

Elite gymnast Christy Henrich was told she'd never make the Olympic team if she didn't lose weight from her 4-foot-11-inch, 90 pound frame. Eating sometimes only an apple slice a day, Henrich died five years later at age 20, weighing only 52 pounds.

Olympic gymnastic medalist Kathy Johnson, a bulimic, didn't begin menstruating until a year after she retired from the sport at age 25.

An American judge told Mary Lou Retton a year after the 1984 Olympics when she received a perfect score in the vault, "If I could, I'd take half a point off just because of that fat hanging off your butt."

Evy Sotvold, coach of two-time Olympic figure skating medalist Nancy Kerrigan, said in an interview three years ago, "As soon as a skater has a woman's body, it's over. When they have a lovely figure like the girls on the street, they're too heavy for figure skating. The older you get trying to do children's athletics, the thinner you must be." This from a sport, remember, officially called "Ladies Figure Skating."

Susie Wynne, Olympic ice dancer, threw up before her daily 7 a.m. weigh-ins. She lost 10 pounds in one week by ceasing eating, throwing up and taking laxatives. She was quoted as saying two years ago, "Hair and weight are everything in this sport."

Alex McGowan, coach of Olympic figure skating medalist Debi Thomas, is famous for saying, "You never see a fat ballerina at the ballet."

Evelyn Kramer, one of the coaches for National figure skating champion Michelle Kwan, said two years



I'm serious  
Terri K. Milner

ago that every skater she's ever known with the exception of Caryn Kadavy has an eating disorder. She told horror stories of an ice dancer who's teeth were capped because of the erosion caused by the acid in her vomit.

I had weekly weigh-ins when I was an amateur competitive figure skater. The Dexametris I popped behind my mother's back, in addition to the ones my coach knew I took, numbered upwards of 10 daily.

It's the high-achiever personality type of elite athletes, the abusive methods of the coaches, the unforgiving aesthetic standards of judges and, often, the pressure of parents that pushes elite athletes into the feeling

that not controlling weight is a weakness.

And it oftentimes doesn't stop there.

Elite gymnast Kristie Phillips was still bulimic four years after leaving top coach Bela Karolyi and gymnastics.

Now in her 50s, former figure skater Kramer said she still can't shake her own preoccupation with weight and food. As a young skater, she said she secretly consumed entire boxes of candy because of her coach's harping.

"If I hadn't been in a sport like this (figure skating) while my body was going through puberty, I wouldn't have been so preoccupied with it," she said.

I agree. And if my parents hadn't been so well-grounded and on top of what was going on, I would have been far worse.

As it is, I have climbed Mt. Everest multiple times on the Stairmaster, I have biked to Cambodia and back without ever leaving the gym and I have run many marathons on the treadmill.

I've pushed-up, sat-up and chin-upped.

I've rowed, lifted and kept Slim Fast in business.

I have medals, trophies, stories... and the feeling of inadequacy that accompanies knowing that I have never once stood on my bathroom scale when I haven't made a face at myself in the full-length mirror and calculated how much less I need to weigh to make my jumps just that much higher.

And it gives me no comfort to know that not many elite gymnasts or figure skaters ever do.

Terri K. Milner is Managing Editor of the *Spartan Daily*. Her column appears every Wednesday.

## SJSU rich in history, tradition; student pride in campus should grow

Spartan pride has gone down the drain because too many students on this campus fail to support SJSU in a number of ways.

For starters, there seems to be an overabundance of school support from the student body; however, the support is not in favor of San Jose State University.

I often walk across campus and count the number of people wearing Spartan clothing on one hand, while easily losing count of the number of sweatshirts or T-shirts I see with the logos of Stanford University, UCLA or Cal Poly—just to name a few.

Are we confused? I don't think so.

In my eyes, this is an embarrassment. Students should take pride in this school and be proud to say that they are Spartans. But that doesn't seem to be the case.

The lack of student support at SJSU athletic events is also an example of the lack of Spartan pride at this university.

So we don't have a top-ranked football team that can compete with the likes of Florida State or Nebraska, and our athletic program as a whole isn't the most competitive of all Division I universities. Spartan athletes deserve the same amount of support from the student body as what is seen at most other universities.

Attendance at our last home football game against Colorado State University on Oct. 11 was a whopping 10,384 fans, and at least 1,000 of those in attendance were there supporting our opponents.

To add insult to injury, in a poll conducted last week by the *Spartan Daily*, 53 percent of the student body did not know that Robert Caret is the president of our not so popular university. Surprised? Not really.

SJSU is an incredible campus with a rich history. It is the oldest California State University, established in 1857, and it is the alma mater of several prominent people in society today such as Jessica McClintock, Bill Walsh, Amy Tan and Ken Caminiti.

It makes me wonder where in the world is our Spartan pride? Is it hiding in a deep, dark closet somewhere beneath Tower Hall? Is it still folded on the shelf waiting to be sold in the Spartan Bookstore?

Or is it simply buried in the hearts of past Spartans, with fond memories of the good days when the blue and gold of SJSU actually meant something to people.

The answer to this mystery may never be solved, but it may not have to be if today's student body can catch the Spartan fever of yesteryear.

Amy Bankston is a *Spartan Daily* Staff Writer.



AMY BANKSTON

### Opinion page policies

Readers are encouraged to express themselves on the Opinion page with a Letter to the Editor or Campus Viewpoint.

A Letter to the Editor is a 200-word response to an issue or point of view that has appeared in the *Spartan Daily*.

A Campus Viewpoint is a 450-word essay on current campus, political or social issues.

Submissions become the property of the *Spartan Daily* and may be edited for clarity, grammar, label and length. Submissions must contain the author's name, address, phone number, signature and major.

Submissions may be put in the Letters to the Editor box at the *Spartan Daily* Office in Dwight Bental Hall Room 209, sent by fax to 408/924-3237 or mailed to the *Spartan Daily* Opinion Editor, School of Journalism and Mass Communications, San Jose State University, One Washington Square, San Jose, CA 95192-0149.

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## Positive spin on SJSU fraternities welcome change

Fraternities and sororities have many times been the recipients of bad publicity. This is due to instances of various extremes.

In light of recent deaths at LSU and MIT, Greek systems have received a backlash enhancing the negative stereotypes of fraternities and sororities.

On Oct. 6 there was an opinion piece illustrating the positive aspects of the Greek system. This was a pleasant sight considering these recent events.

The author of the piece is not part of the Greek system, yet she acknowledged the benefits fraternities and sororities can provide. These activities include social events and philanthropic endeavors.

She did not mention, though, an important fundraiser for Next Door, a local shelter for battered women



**The author of the piece is not part of the Greek system, yet she acknowledged the benefits fraternities and sororities can provide.**

and children.

Beginning today, Delta Upsilon will hold its sixth annual Jump-a-Thon.

For 45 continuous hours, Delta Upsilon, with the help from the sororities on campus, will jump on a large trampoline in front of their house on Eleventh Street.

Money is raised for Next Door through local business sponsorships, donations and T-shirt sales.

I encourage everyone to stop by, help this important charity and have some fun while they are there.

David Heckler  
Social Science





Alise O'Leary/Spartan Daily

Imad Ababneh, a graduate student and Food Science major works on an enzyme activity experiment for his theses. He has been working on it for about nine months and is trying to determine how to extend the shelf-life of prepared artichokes.

## Artichokes given longer life

By Kevin W. Hecteman  
Staff Writer

Artichokes may get a new lease on shelf life thanks to an innovative experiment being conducted at San Jose State University.

Imad Ababneh, a graduate student in the Nutrition and Food Science Department, has been working since last year on an experiment to extend the shelf life of fresh produce. Shelf life in this case is defined as the maximum length of time a product can sit on the shelf before it spoils and must be thrown out.

Ababneh is currently working with artichokes on behalf of Ocean — Mist Farms, the largest producer of artichokes in the United States. This is the first time such an experiment has been undertaken.

"We are trying to develop a microwave artichoke pack," said Ocean-Mist plant manager Joe DeSante. The company wants to pack trimmed artichokes in a container so that all the consumer has to do is make a hole in the lid, fill the container with water and boil the vegetables in the microwave. DeSante said a microwave pack would be a benefit to working families who are pressed for time.

Ocean-Mist currently packages artichokes in trays wrapped in cellophane. While unpackaged artichokes will last three to four weeks if refrigerated, the packaging will extend shelf life one to two weeks. Ocean-Mist ships its artichokes all over the United States and Canada.

Ababneh's experiment uses a combination of enzyme inhibitors and packaging to extend the artichoke's shelf life. After the stem and part of the top are cut off, the artichoke is soaked in a mixture of citric acid and calcium chloride, rinsing it, then sealing it in its package. Ababneh said the chemicals are harmless to humans.

Ababneh said the artichoke's shelf life has been extended to 10 days after treatment, and in some cases to 15.

"Research-wise, these are good results," he said. However, he said, it's not long enough yet.

"We want to get a minimum of 21 days," DeSante said.

Ababneh said an artichoke will begin to turn brown on the inside within one minute of the stem being cut off. This is due to an enzyme known as polyphenol oxidase. Ababneh said it is a very common plant enzyme found in apples, bananas, mushrooms, and eggplants. Oxygen will accelerate the effects of this enzyme, so Ababneh is working on reducing or eliminating the amount of oxygen reaching the vegetable.

Ababneh's weapons against the enzyme are citric acid and calcium chloride, both of which are harmless to consumers. After the top and stem are cut off, the artichoke is soaked in a mixture of the two for one minute, then rinsed off and packaged. The chemicals act as an inhibitor, slowing down the enzyme and extending the product's shelf life. Ababneh said the citric acid's success is unusual because citric acid is not considered an enzyme inhibitor, nor has it

ever been reported as such.

Ababneh said he doesn't want to add any more than that.

"You don't want to stuff it with chemicals," he said.

Ababneh's current efforts are aimed at improving the packaging. The package needs a new sealant to keep in more nitrogen, a gas which makes up the majority of the atmosphere, and keeps oxygen to a minimum.

Ababneh's work is complicated by the changing seasons. He said a solution which works at one time of the year won't work at another time.

"It's really hard to find one treatment," he said. Ababneh's best results have come between January and May, with a 15-day shelf life.

Ababneh is working solo on this project. He said he would like to work with other fruits and vegetables, but does not have the time.

Ababneh is a native of Jordan, a Middle Eastern neighbor of Israel. He earned his bachelor's degree there, then came to the United States. He settled in Chicago, but "it was too cold for me." He then came to California, where he first attended Chico State. He came to SJSU in the fall of 1995.

Ababneh is scheduled to graduate next May with a master's degree and wants to go for a Ph.D. If he hasn't found a solution by then, he'll continue his work elsewhere.

"I promised myself if I can't resolve it here, I'd take it to another school," he said.

## Guest shares difficult past

■ Breast cancer survivor shares intimate details with students

By Christine M. Lias  
Staff Writer

For one of the most profound problems of the day, the turnout was anything but.

Two students showed up for an intimate discussion with breast cancer survivor Donna O'Neil Tuesday afternoon in the Student Union's Almaden Room, sponsored by the newly formed San Jose State University Women's Health Team.

"Someone told me about this and I figured that I should come" said Business major Stephanie May, one of the two in attendance. "Breast cancer runs in my family. You can never know too much."

O'Neil, now volunteering with the American Cancer Society, brought bras, videos, dozens of different pamphlets and literature with her to the event.

She also brought her personal history — a diagnosis of breast cancer 15 years ago, which resulted in a double mastectomy, surgical removal of the breast.

"It was psychologically very difficult. I was very angry at the cancer, angry at how it limited me. I mean, I survived. But I can't donate organs. I can't give blood," O'Neil said.

O'Neil's cancer was discovered by her doctor in a routine exam.

"In those days, you didn't talk about breast cancer. I didn't know about self-exams or support groups. My doctor did nothing about it. He told me to wait a year to see if the cancer would just go away," O'Neil said.

But after a year, the cancer was still there. O'Neil's mother and aunt, from different sides of her family, had also developed breast cancer.

O'Neil decided to have her

breast removed. After that, cancer was found in the other breast. She underwent another mastectomy.

"It was really hard for me, especially because I had to wait six to eight months for breast reconstruction," O'Neil said. "My husband was really supportive. He told me that he didn't marry me for my breasts."

Seven years ago, O'Neil began to volunteer with the American Cancer Society and its Reach to Recovery program, which was started in 1952 to aid and educate the public about breast cancer. O'Neil now travels to colleges and organizations to share her experiences and — perhaps most importantly — information on self examination.

"We want students at SJSU to realize that breast cancer isn't just for older people. Anyone can get it, even 18 year olds," said Shu Kahirara, a biology major and volunteer for the Women's Health Team.

According to Laura McGregor, founding member of the Women's Health Team, breast cancer will affect one out of eight women in their lifetimes.

"If we can get information out now, women will have a much greater chance of surviving the cancer," McGregor said.

The month of October has been designated National Women's Breast Cancer Awareness Month by the American Cancer Society. The team manned a table in the Student Union on Tuesday that provided visual information to women on how to perform breast self-examinations. A \$1,500 grant from the California Lottery Funds enabled the event to be held.

An open discussion on breast cancer will be held on Oct. 29, from 7 to 9 p.m. at the Sheraton San Jose. More information can be obtained by calling 879-1045 (ext. 142) or the Women's Health Team at 924-6136. The team's office is located in the Health Building, Room 209.

## New stamp introduced for holidays

LOS ANGELES (AP) — With a little bit of kujichagulia and dash of kumba — Kwanzaa principles that mean self-determination and creativity — Synthia St. James has created a Kwanzaa gift for the entire nation.

James, the first black woman to be commissioned to design a stamp, made one to commemorate the seven-day holiday that Americans of African descent have been celebrating since 1966.

"People from around the country wrote in to the stamp development department and requested the stamp," said Maulana Karenga, creator of Kwanzaa and chairman of the department of black studies at California State University, Long Beach.

"The release of the stamp and the national and communal activities around it are a deserved recognition of the importance of Kwanzaa to African people throughout the

world African community," he said.

The stamp will be unveiled Wednesday as part of the Postal Service's Holiday Celebration series. It will be available for sale in parts of Los Angeles on Wednesday and nationwide Thursday.

The stamp will help spread awareness of the holiday to others, said Larry Dozier, a spokesman for the U.S. Postal Service.

"Everyone will see the stamp," Dozier said. "Everyone will use the stamp. Everyone will recognize it."

Kwanzaa was created by Karenga in 1966 as a celebration of the values of family, community and culture. From Dec. 26 to Jan. 1, a candle is lit each day representing one of seven principles.

Observers reflect on and recommit to the principles: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.

Those values can hold meaning for all races, Dozier said. The stamp is the latest installation in the Holiday Celebration Series.

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# Smith's efforts rewarded

By Dustin Shekell  
Senior Staff Writer

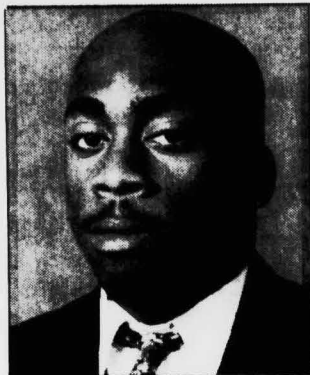
Omarr Smith probably will never forget the SJSU football team's first victory of the 1997 season. If he does, he will have a couple plaques on his wall to remind him.

Smith, SJSU's No. 1 cornerback and kick returner, was named Western Athletic Conference Pacific Division special teams player of the week and given the AT&T's Long Distance punt return award for his record-breaking day against UTEP.

In the second quarter of a scoreless game, Smith fielded a punt with a man bearing down on him at the SJSU 16-yard line. Smith caught the ball, withstood the initial hit from the incoming Miner and ran to his left for an 84-yard touchdown.

The touchdown was the first scored by a SJSU punt returner since 1975 and it was the only one scored by the Spartans during their 10-7 win Saturday over the Miners.

The kick had fair catch written all over it, but Smith said watching the way Colorado



Omarr Smith

State's Geoff Turner returned every punt kicked to him Oct. 11 in Spartan Stadium helped him reevaluate his approach to fielding kicks.

"The past couple of games I was upset because I wasn't getting to enough balls," Smith said. "I told myself that I needed to catch every ball. That's what makes (Turner) so good."

Smith used the new approach to break a Sun Bowl and SJSU record with seven returns for 150 yards on the day. His adeptness carrying the ball did not go unnoticed by

Head coach Dave Baldwin.

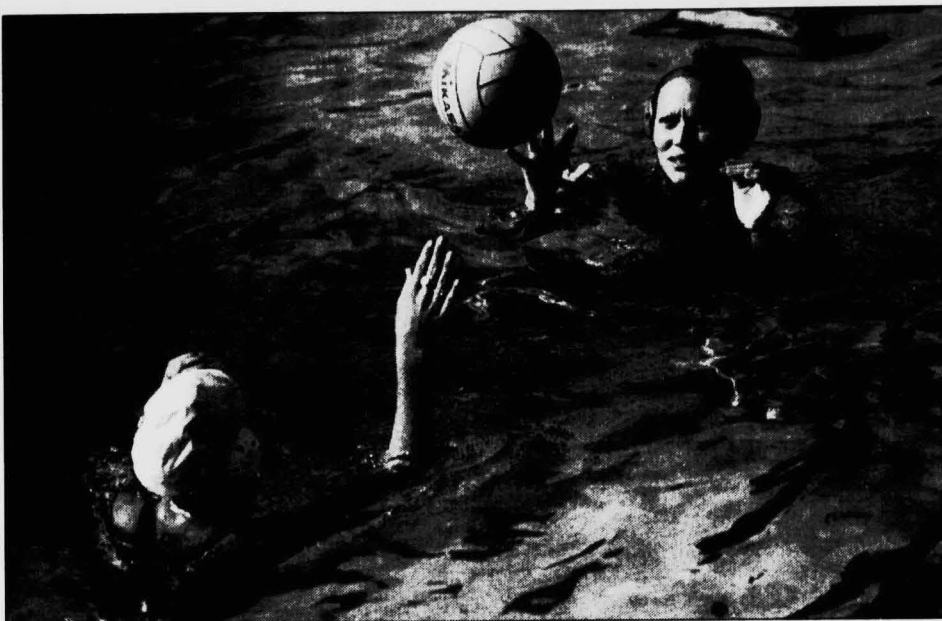
"Don't be surprised to see Omarr on the offensive side of the ball," Baldwin said. "We might have our version of the Dallas Cowboys (with Deion Sanders)."

Baldwin said he will look to work Smith into the offensive game plan as well as allow the versatile junior to move into the kickoff-return role. Being a defensive back, punt returner, kickoff returner, and wide receiver amounts to a lot of time on the field, but Smith is looking forward to adding a spark to the No. 108 scoring offense in the nation.

"It's no secret that our offense has been struggling," Smith said. "This is a good opportunity to help our offense and our team score some points."

AT&T will donate \$400 to SJSU's degree completion program in recognition of Smith's accomplishments in El Paso, Texas. SJSU leads the country in recipients of this type of scholarship, which is given to athletes who finish school after their athletic eligibility has expired.

## Marco ... Polo



Robert Serna/Spartan Daily

Sarah Snow (9) and Tasha Young-Heisel execute ball handling skills during water polo practice at the Aquatics Center.

## SJSU needs wins to survive

By Anthony Perez  
Staff Writer

The whirlwind tour known as the Western Athletic Conference division schedule is nearing a close, leaving the SJSU women's soccer team nearly fanned out of the post season picture.

Last Thursday the Spartans beat the University of Utah 2-1 but fell to Brigham Young University 3-2 two days later. This left the Spartans with a 1-2-0 conference record and in fifth place in the WAC's Pacific Division.

With only two conference matches left, the Spartans (7-6-1 overall) need to move into fourth place, which the Fresno State Bulldogs (9-7-0, 1-2-0 in the WAC) now occupy. And if the Spartans and the Bulldogs remain deadlocked when the season ends, the nod will go to the Bulldogs because they beat the Spartans 3-1 two weeks ago.

"We are playing very well," said Spartan head coach Philippe Blin. "It's the little stuff that we have problems with."

This virtually forces the Spartans to win their last two matches at home against the University of Hawai'i and San Diego State University this weekend. Fresno State will face those same teams in its final two games.

"It's a lot of pressure but that makes it more challenging,"

said Spartan defensive back Kelli Mahoney. "That's when this team pulls through."

Hawai'i is arguably the worst team in the Pacific Division with a 0-3-0 conference record and a 6-9-1 overall record. But the Spartans won't take the Rainbows lightly.

"(The Hawai'i match) was a good game last year," said Spartan halfback Dina Schindler, who scored her first two goals of the season by coming off the bench in last Thursday's win against Utah. "They haven't won a game (in WAC competition) yet but that just means they'll be fired up more."

SDSU is in third place in the Pacific Division with a 2-1-0 conference record and has won its past two matches. The Spartans lost 3-0 last year to the Aztecs in the teams' only other meeting.

The bench has played a larger role in the two previous matches and Blin expects it to provide more help in the Spartans' two final conference games.

"(The SJSU football team) plays hard no matter how long they play," Blin said. "They give 100 percent and that's what we need."

The Spartans have five days

to prepare for their next game, which is in contrast to last week's schedule that had the Spartans playing every other day.

While the Spartans are returning home, it will be a new home for their last WAC games of the year. The soccer team will play for the first time in its three-year history at San Jose Municipal Stadium.

With the SJSU football team playing Air Force the next day at Spartan Stadium, the field couldn't be converted from a soccer field back into a football field before Saturday's 6 p.m. kickoff. As a result, the women's soccer team is moving a block east of Spartan Stadium to Muni which is the home of the San Jose Giants and SJSU baseball team.

Since Muni is mainly used as a baseball field, it's going to have to be tweaked to turn it into a regulation soccer field. A corner of the field will be dirt instead of the normal sod.

"It's going to be like playing on a neutral field," Blin said.

Having an unbeaten record at home (3-0) and at neutral sight games (2-0), the Spartans are careful not to consider Friday and Sunday's matches as road matches — they have a 2-6-1 away record.



Spartans

1-5

1-2

Tale  
of the  
Tape

• Kickoff at 6 p.m. Saturday at  
Spartan Stadium  
• Televised on ESPN2

Overall record  
WAC record



Air Force

7-1

4-1

### Conference and national rankings

WAC	Nation	Category	WAC	Nation
12th	81st	Rushing offense	Third	17th
14th	92nd	Rushing defense	Second	38th
10th	74th	Passing offense	15th	107th
Sixth	38th	Passing defense	First	14th
13th	94th	Total offense	10th	82nd
13th	85th	Total defense	First	Eighth
Last	108th	Scoring offense	Ninth	76th
15th	98th	Scoring defense	First	Fifth
Third	12th	Punt returns	Fifth	32nd
Last	105th	Kickoff returns	Third	19th

### Scheduling change

The starting time of the SJSU volleyball match against No. 16 Hawai'i Saturday at the Event Center has been moved to 1:30 p.m.

### Fan Mail

The Spartan Daily Sports Department wants your letters.

Your comments about SJSU teams, coaches or articles in the Daily are welcome. Follow the Spartan Daily's opinion policies on Page 2 and address your letter to Sports Editor Mike Traphagen.

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## Crash 'n' burn



SJSU freshman Zach Janz examines the drunk driving auto wreck display in the Art Building courtyard. The car is placed in the Quad to make students aware of the hazards of drinking and driving. Among the statistics placed on the car, one states that one out of every two traffic deaths involves alcohol.

Robert Serna/Spartan Daily

## Accessibility: Not a smooth ride at SJSU

Continued from page 1

Caret led the wheelchair tour which started in the cafeteria of the Student Union and ended outside the Business Classrooms Building.

"Being in a wheelchair is all the challenge I thought it would be and more," Caret said.

He said it was a lot of hard work to be in a wheelchair and, as he pushed his way slowly up the ramp outside the Business Building, sweat began to form on his brow.

"It is very frustrating to try and get up this steep slope,"

Caret said.

Daniel Johnson, associate vice president for administration also participated in the wheelchair tour. Johnson said an American Disabilities Act survey team evaluated the SJSU campus and maintained that the campus needs \$11 million to make the campus fully accessible to disabled students.

"We will spend \$98,000 for ADA appliance code upgrades this year," Johnson said.

Martin Schuler, director of the Disability Resource Center and an accessibility tour participant, said the tour was a suc-

cess because it allowed Caret and other faculty members to see how hard it is for disabled students to get around on campus.

"The goal of the tour was to heighten awareness about the challenges of being disabled," Schuler said.

Monica Rascoe, vice president of student affairs and accessibility tour participant, agreed. Rascoe said it gave her and Caret first-hand experience as to what they need to do to correct the problems on campus.

Caret hosted a Key Luncheon from noon until 1 p.m. which

was held before the accessibility tour.

At the luncheon, Caret said one of the things he is working on is establishment of a program on campus that will be designed to handle all ADA issues on campus. He hopes the program will help disabled students with specific accessibility problems. Caret said SJSU has \$750,000 to spend on refurbishing the campus so it is more accessible to disabled students.

## Herpes: Concerns

Continued from page 1

increase in herpes among the student population.

"It's there, but it doesn't seem like it's an epidemic," she said.

Renee Allen, a peer health educator at the health center, was amazed at how much misinformation is out there.

"It's about being responsible," Allen said. "People need to look at their partner and themselves."

Peer health educators offer students one-on-one counseling for a variety of health concerns, but refer students to the nurses and doctors at the health center for diagnosis.

Woods said one of the biggest problems she sees regarding herpes is the social stigma attached to it.

"It causes such an emotional problem," she said. "Treat it like a cold sore. You wouldn't want to give that to somebody."

But that might prove difficult.

According to the Herpes Advice Center, an infected person can transmit the virus via skin-to-skin contact any time the virus is in its active phase.

Active phases are not always obvious, however. Physical

symptoms include sores or a tingling sensation in the genital area or on the mouth, but during periods of viral shedding — which can occur even when no sores are present — an infected individual can pass the virus on to his or her partner.

The advice center recommends these measures to lower the risk of transmitting herpes:

- Abstinence — refraining from sexual contact when symptoms are present.

- Condoms — keeping in mind that condoms do not cover the entire genital area and any exposed areas are at risk.

- Medication — some research shows that regular use of anti-viral medication can decrease the amount of viral shedding and the frequency of outbreaks.

- Outercourse — touching, cuddling, kissing, massage (as long as there is no contact with a herpes lesion).

The Herpes Advice Center Website is located at <http://www.advicecenter.com/index.html>

"All herpes is, is a cold sore on the genitals," Woods said. "It's not life-threatening."

Associated Press contributed to this report.

## Co-op: Safe sex

Continued from page 1

sexuals, it's homosexual couples as well.

"They will sit here and feel the condoms and say 'You know what? I think this one is cool. I think this one is what we want. Let's try it.'"

The co-op also strives to sell the products at an affordable price.

"One of the comments we always get is, 'Why don't you give out condoms for free?'" Allen said. "But the profits go right back into the condom co-

op. It's not like we're this huge enterprise making all this profit. We make about two-cents profit on every condom."

"A.S. doesn't pay for us," Allen noted. "Student health dollars don't pay for us. Everything that people come in and buy re-supports the system."

Organized in 1989 by part-time faculty member Naz Motayar when she was completing her master's degree, the co-op began as a resource for students to learn more about HIV, AIDS and safe sex.

If I hadn't hit "snooze."  
If I hadn't brushed my teeth.  
If I hadn't gone back for my book.  
If I hadn't stopped on the yellow.  
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# Sparta Guide

## TODAY

### Support group

The Women's Resource Center is having a support group meeting from 1 to 2 p.m. every Wednesday in the Administration Building, Room 222 B. For more information, call the Women's Resource Center at 924-6500.

### Weight-control counseling

The SJSU Student Health Center is offering individual counseling for students interested in weight-control. Free initial consultation with a nutrition intern every Wednesday from 11 a.m. to 1 p.m. in the Student Health Center. For more information, call 924-6122.

### Meditation group meeting

The Mindfulness Meditation Practice Group is having a weekly group meditation from 7 to 8:15 a.m. in the Spartan Memorial Chapel. For more information, call Susan Murphy at 924-1326.

### 'Delta Study Sessions'

Delta Sigma Theta Sorority, Inc. is having the "Delta Study Sessions" from 7 to 9 p.m. every Wednesday in the Clark Library on the fourth floor. For more information, call Tracy at 279-4431.

### Black Alliance meeting

The Black Alliance of Scientists and Engineers is having "Study Group" from 6 to 9 p.m. every Monday, Wednesday and Thursday in the Clark Library on the second floor.

### 'Cuba: On Its Own Terms'

The Sociology Club is showing "Cuba: On Its Own Terms" — A television documentary — Campus Premiere with panel discussion from 2:30 to 4:15 p.m. in Dudley Moorhead Hall, Room 227. For more information, call Will Wells at 338-6260 or 924-5323.

### Philosophy Colloquium series

The Department of Philosophy Colloquium Series is having a lecturer Matthew Shoemaker speak about "Aesthetic Experience Examined" from 4 to 6 p.m. in the Faculty Office Building, Room 104. For more information, call Professor Williams at 924-1317.

Sparta Guide is provided free of charge to students, faculty and staff. The deadline for entries is noon, three days before desired publication date. Entry forms are available in the Spartan Daily Office. Some entries may be edited or deleted due to space.

### Merengue lessons

The San Jose State Ballroom Dance Club is offering beginning merengue lessons at 8 p.m. and open dancing 9 p.m. in the Spartan Complex, Room 89. There is a \$1 drop-in fee. For more information, call Bob Clark at 924-SPIN.

### Holiday Job Fair

The Career Center is sponsoring the "Holiday Job Fair" from 10 a.m. to 2 p.m. in the Student Union Loma Prieta Room. For more information, call the Career Center at 924-6034.

### 'Le Hussard Sur le Toit'

Le Cercle Français is showing a film: "Le Hussard Sur le Toit" at 4 p.m. in the Business Classrooms, Room 14. For more information, call Dr. Delsalvo at 924-4611.

### Linguistics and Language

The Linguistics and Language Development Student Association is having a general meeting from 5 to 6 p.m. in the Student Union Pacheco Room. For more information, call Angela at 924-4704.

### Advertising Club meeting

The Advertising Club is having a meeting at 6:30 p.m. in Dwight Bentel Hall, Room 133. For more information, call Michael Rackley at 286-4121.

### Dinner and discussion

The Episcopal Canterbury Community is having dinner and discussion on "What is the Bible and how does it speak to you?" from 5:30 to 7 p.m. in the Student Union Montalvo Room. For more information, call Anna at 293-2401.

### Harvest Festival

The SJSU Interdisciplinary Student Garden Project is having its third annual Harvest Festival from 10 a.m. to 2 p.m. outside of the Central Classroom Building. For more information of location, call Kathleen at 249-2431.

### 'Pieces of the Quilt'

The Campus HIV / AIDS Committee is showing a drama production "Pieces of the Quilt" from 7:30 to 9:30 p.m. in the Engineering Building, Room 189. For more information, call Martha O'Connell at 924-1967.

### Ongoing book sale

The Library Donations and Sales Unit is having an ongoing book sale — donations welcome — from 10 a.m. to 3 p.m. every Tuesday and Wednesday in the Clark Lobby and Wahlquist Library North, Room 408. For more information, call 924-2705.

### Child Development Club

The Child Development Club is having a meeting at 3:30 p.m. in the Central Classroom Building, Room 118. For more information, call Dawn Holt at 924-3728.

### 'Faculty Booktalk'

The Department of Humanities is presenting the "Faculty Booktalk" in which President Robert Carot will review John Krakauer's "Into Thin Air: A Personal Account of the Mount Everest Disaster" at noon in the University Club (Faculty Club) Main Dining Room. For further information, call David McNeil at 924-5545 or Gene Bernardini at 924-4465.

### 'Student Galleries'

The School of Art and Design is showing "Student Galleries: Art Shows" from 10 a.m. to 4 p.m. Monday through Thursday in the Art and Industrial Studies buildings. For more information, call Brendan at 924-4330.

### Nation of Islam

The Nation of Islam Student Association is offering the latest information regarding Minister Farrakhan and the Nation of Islam every Wednesday at 7:30 p.m. in the African American Center on Sixth and Julian. For more information, call Brother Freddie Muhammad at (510) 336-7024.

### 'Brown Bag Lunch'

The Re-Entry Advisory Program is having a "Brown Bag Lunch" — Computer Resources at SJSU — from noon to 1:30 p.m. in the Student Union Pacheco Room. For more information, call Jane at 924-5950.

### Daily Mass

The Catholic Campus Ministry is having Daily Mass from 12:05 to 12:35 p.m. in the John XXIII Center. For more information, call Ginny at 938-1610.

## Housing: Less money spent

Continued from page 1

spend up to 50 percent less for food and housing than those who rent rooms in residence halls or apartments off campus, said George Proper, general manager for the Berkeley Student Co-op.

"Our students pay \$3,786 per year for room and board, compared to \$7,505 to \$8,835 paid by students living in university residence halls," Proper said.

Currently, there are student cooperatives at Sonoma State University, Stanford University and numerous campuses in the University of California system, including University of California, Berkeley and University of California, Santa Cruz.

"A cooperative provides students with an enormous sense of community because everyone has to work together to maintain the house," said Jessica Miller, a resident of Casar Chavez House, one of the properties owned by UC Santa Cruz's student cooperative. "I have been here for two years now, and I feel like I belong to this huge family."

At SJSU there are no co-ops, but the university was considering the state's student cooperative housing project as one way to improve and possibly expand university housing, said Hansen, SJSU university housing director.

"There is a gap between the facilities we provide and the needs of the students," she said. "We have limitations, and a number of students are being underserved."

Students who are married or who have children cannot live with their families on campus, Hansen said. At one time the Spartan Village apartments did accommodate married couples, but the policy was changed twenty years ago, housing officials said. In addition, visiting scholars are sometimes turned away because there simply isn't enough room, Hansen added.

**"Housing costs too much money. I am taking 18 units and I just don't have the time to get a job that will pay the rent."**

— Jennifer Strode, speech pathology major

SJSU has six residence halls as well as the Spartan Village apartments — all are completely full this semester accommodating approximately 2,250 students.

In residence halls, two students are usually assigned per room and 10 to 15 students share a communal bathroom. Spartan Village two-bedroom apartments, house two students in each bedroom and a total of four students share a kitchen, bathroom and living room.

The average rent for university housing is \$500 a month, which includes 15 meals at the dining commons or the cafeteria. Over a 10-month period the cost is \$5,000.

"Living in residence halls sucks," linguistics major Dairea Burum said. "In terms of what you pay and what you get, it is too expensive. You have to share a bathroom with a bunch of other people, and the food can kill you."

Burum chose not to return to her room on campus this semester and has instead moved back in with her parents. She said she is looking for a place near campus but has had no luck in finding one.

According to Real Facts, a firm that tracks the regional apartment market, housing is scarce throughout California,

especially in the Santa Clara County where vacancy rate is 2.2 percent and in San Jose where it is about 1 percent.

Trying to locate an affordable apartment to rent is another obstacle confronting students. The Housing Authority of the County of Santa Clara estimated that in this area the fair market rent for a one-bedroom is \$799 and a studio is \$700. While these figures are recommended, landlords can charge whatever they want.

"Housing costs too much money," said Jennifer Strode, a speech pathology major who lives at her parents' home. "I am taking 18 units and I just don't have the time to get a job that will pay the rent."

For students, the housing shortage is expected to only get worse as enrollment increases in higher education.

By the year 2005, California's public colleges and universities will have 500,000 more students than they do today predicts the California Post-Secondary Education Commission. Many of these campuses will be scrambling to find affordable housing for their students and may be unable to meet the needs of their student population.

## Fan Mail

The Spartan Daily sports department wants your letters.

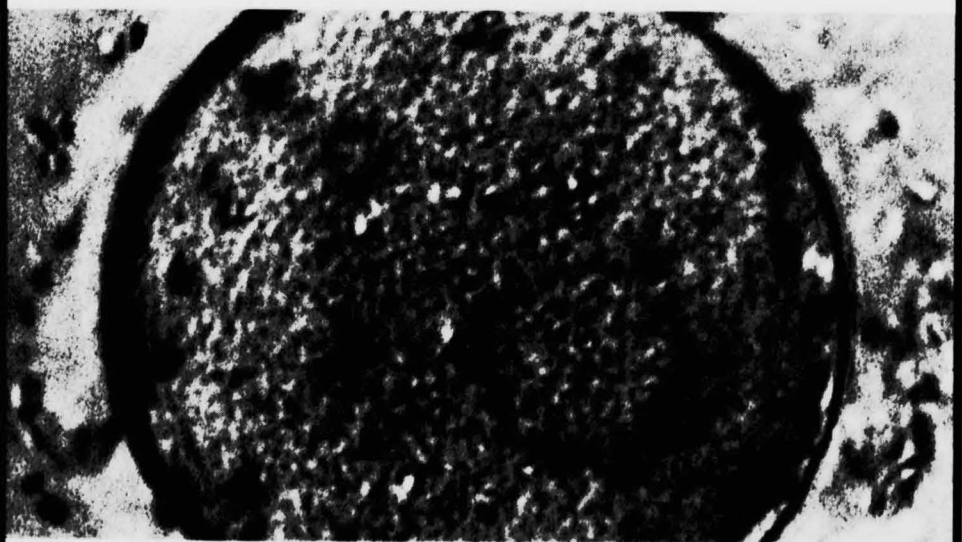
Your comments about SJSU teams, coaches or articles in the Daily are welcome.

Follow the Spartan Daily's opinion policies on Page 2 and address your letter to Sports Editor Mike Traphagen.

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AT THEATRES OCTOBER 24

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october 1997

# ETC. MAGAZINE

## Mail

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## Quick Getaways



# EDITOR'S NOTE

A student's life is almost always full and busy. All of us have to go to class, study, and work the rest of the time. There isn't much time left over for having fun and when we can spare some time to enjoy ourselves we can barely afford much more than a movie and popcorn. After all, our spare time doesn't come free. In this issue of Etc. writers will be going to various sites around the Bay

Area looking for quick getaways which are inexpensive and can provide an escape from the hectic lifestyle of a student.

We visited with the likes of Tutankhamen at the Egyptian Museum in San Jose and went screaming down the streets of San Francisco on rollerblades (helmets and pads were used at all times). We explored the wilderness of cyberspace at a cyber cafe and the tranquility of the wilder-

ness at Grant Ranch and Shoreline Park where people can fly kites, windsurf, and get some peace and quiet.

Of course, when it was all over, we had to go back to the torturous reality of everyday life, but we will always have the fond memories. Now, take some time out of your busy day to find out how you can have a good time without losing your wallet.

*Paul Eiser*

## table of CONTENTS

Java Surfin' ..... 3

The Wheel World ..... 3

A Walk Through Ancient Egypt ... 4

A Getaway Haven ..... 6

Top of the World ..... 7

Cover Photo by Lea Tauriello

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# Java surfin'—

OCTOBER 1997 3

## "Shall we play a game?"

Lauren Henderson  
staff writer

You never thought it was possible to play Sega Saturn, surf the net and have a gourmet "Espresso II" drink at the same time, did you? Well, you can again. Cybersmith in Palo Alto has become the entertainment mecca for today's computer-obsessed generation. It is stocked with 52 state-of-the-art computers. Customers have the opportunity to cruise the Internet, access a variety of ROMs, create their own computer art and play Sega

Saturn, Nintendo 64 and Sony Playstation games.

Each computer station at Cybersmith has a color monitor, selection of joysticks and personal 3-D Isolated Audio Dome that looks like a clear umbrella suspended over your seat. In a sense, Cybersmith is a high-tech video arcade for the 90s, with a few added perks. There aren't too many places in the country where you can play games, get good coffee, purchase software and books for the cyber generation, all under the same roof.

For about \$10 an hour, you can challenge your friends to a

competitive game of Sega's Quake or do research for that upcoming paper on the Internet. Also, you don't have to go hungry thanks to Cybersmith's well-stocked cafe which sells espresso drinks, sodas, beer and wine, sandwiches and biscotti. (You can even order food from Cybersmith's online menu.)

In addition to the plethora of high-tech games on many of their computers, Cybersmith also has two Virtual Reality stations where you can chomp your way through cyber Pac Man. They also have Virtual Jet-Ski, Snow-Ski and Snow

Board for those who desire even more of a thrill.

In one end of this cyber-cafe, you can have your digital portrait done, and then "morph-your-face" through the computer's special effects function. You can then transfer the photo onto a T-shirt, mouse pad, poster, or screen-saver.

Cybersmith offers the public a way of accessing the latest technology. Many well-known computer companies including Jobfind, Compaq, Yahoo, Oracle and America Online have joined the Cybersmith team in order to bring their

products to the public eye.

Cybersmith combines this technological entertainment with the ability to test out Silicon Valley's newest entertainment software and it also serves to educate the public by offering classes on the Internet and HTML. It is also available for corporate product launches and birthday parties.

If you're tired of going to the movies, and clubbing just isn't for you, Cybersmith might be the answer.

Cybersmith is located at 353 University Ave. in Palo Alto, phone 650.325.2005.

# The wheel world

## Rollin' by the bay at the midnight hour

Charlene Cook  
staff writer

You don't have to look like Cindy Crawford or Brad Pitt to stop traffic in San Francisco. All you need is a pair of rollerblades and the Midnight Rollers.

Every Friday at 8:30 p.m., 500 to 700 people gather at the Justin Herman Plaza in San Francisco to rollerblade a 1.5-mile trek through the city—and it's free.

Shawn Keck, a member of the San Jose's Roll and Ice League team, "The Blackouts," participated for the first time with the Midnight Rollers last month.

"It was an absolute blast. I saw a lot of people out to have a good time and they're a lot of fun to be with," Keck said.

This event is organized by the California Outdoor Roller Skating Organization (C.O.R.A.), which is responsible for many rollerblading activities and groups throughout the state. C.O.R.A. encourages wearing protective gear and lights. On its web site: <http://www.cora.org/-the group>

notes, "We are creating a positive image for the sport."

"It's a fun, safe way to spend a Friday night," said SJSU student Matt Tidwell, who heard about the event through friends at school. "It's a tribal experience, you feel safe and comfortable even though you don't know anybody, and you get to do it in the most beautiful city in the world."

The journey starts out across from the Ferry Building at the end of Market Street, and goes through Pier 39, Fisherman's Wharf, the Aquatic Park, the Marina

Green, the Palace of Fine Arts, Union Street, the Broadway Tunnel, the Stockton Tunnel, Union Square, south of Market Street and back to the starting point.

"One time I was going too fast down a hill and tripped," Tidwell said. "A car was about a foot away from hitting me, and everyone gathered around to make sure I was okay. Everyone takes care of each other out there."

There are seven places where everyone stops to regroup and re-fuel, and a skating patrol is on the lookout for the skaters' safety.

Many of the skaters are experienced and perform stunts at the rest stops. Across from Ghirardelli Square, you can find brave skaters breezing down a spiral staircase backwards, and some who attempt to skate down the railing. But don't let that intimidate you, there are plenty of novices.

"This is not an advanced course by any means," Keck said. "Someone would need to be in medium shape as far as athletic ability is concerned. I felt pretty good the next day, after my first trip."

Tidwell remembered his first

three-hour tour as fun, but very tiresome. "If you're not used to riding 12 miles, you'll be sore, but you feel good doing it. You have a lot of positive energy running through you," he said.

The skaters are about halfway finished at approximately 10 p.m., when they are expected to reach the first tunnel. Their voyage is completed by midnight at the original starting point. Afterwards, many skaters frequent the Gordon Biersch brewery, night clubs, local pizza places or nearby bagel shops.

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# A walk through Ancient Egypt

*The Rosicrucian Egyptian Museum features 4,000-year-old treasures*

by Susan Wiedmann  
Etc. staff writer

One of the most fascinating—and inexpensive—places to visit in the Bay Area is the Rosicrucian Egyptian Museum right here in San Jose.

In the midst of a quiet residential area, it is an oddity in space and time. Closely resembling the Temple of Amon

at Karnak in Egypt, its massive carved pillars sit atop steps that face an ordinary street. Leading to the base of the steps are four stone ram-headed sphinxes—symbols of the god Amon—on either side of a rectangular fountain.

In the center of the fountain is an 8-foot high stone statue of the goddess Taueret, protector of pregnant women.

Taueret is shown in her ancient form, as an upright, pregnant hippopotamus,

with the hind legs of a lion and the tail of a crocodile. Ancient Egyptians considered animal-like gods, such as Taueret, to be powerful sources of protection and prosperity.

Five thousand symbols of that prosperous civilization are now permanently located behind the museum's massive gold doors. Gallery A, a fascinating section of the museum, is to the right as you enter. It is the new resting place of six Egyptian mummies whose spirits lived approximately 3,000 years ago. Each one is with its original mummy coffin, or sarcophagus, a colorful, intricately inscribed wooden vehicle to the afterlife.

The most prominent mummy in Gallery A is the uncovered figure of Usermontu, a 2,600-year-old Egyptian priest. He is nearly 5 feet tall, with dark brown skin that has been wrinkled for millennia against his slight frame. It is a bit eerie to look at him—especially if you are mortal—but seeing him is well worth the visit to the museum. He is simply unforgettable.

Unlike other ancient Egyptians, Usermontu didn't achieve his fame until late in our 20th century. According to museum sources, he was a surprise that resulted from their 1971 purchase of two authenticated mummy cases from Dallas' Nieman-Marcus Department Store in Dallas. His case contained an unwrapped mummy, later found through testing to be approximately 2,600 years old. The markings on the coffin indicate that the remains therein are of a priest from Thebes named Usermontu; the mummy is, therefore, presumed to be him.

In the process of extracting one of his teeth for DNA studies in 1995, researchers from Brigham Young University also took X-rays of Usermontu's body. They discovered a

9-inch corkscrew pin inserted into his left knee.

This is indicative of a bone-stabilizing procedure, according to Dr. Richard Johnson, a BYU orthopedic surgeon, who was part of the research team. Such knowledge was previously thought to be part of only modern medicine, but, according to museum records, it has been determined through more tests that the pin was placed in Usermontu's knee prior to

**The Egyptians did not go on their journey into the afterlife alone.**

mummification. Scientists are continuing their studies on him.

Also in Gallery A is a full-scale replica of a rock tomb's shrine chamber. It is the only full-size reproduction based on a combination of 15 tombs of the Eleventh and Twelfth Egyptian dynasties, which date back 4,000 years. The hieroglyphics, illustrations and inscriptions are authentic replications. There are daily guided tours of the tomb, another memorable highlight of a visit.

The Egyptians did not go on their journey into the afterlife alone. Accompanying them were many mummified animals, including cats, birds, crocodiles and baboons; many of them are also on display in the museum. One of the most visible is a small, well-preserved baboon—the size of a child's teddy bear—in its own prominent case near Usermontu.

Although most of the artifacts in the



Photo by Charles Slay (with permission of Rosicrucian Egyptian Museum). Visitors are greeted by statues of ram-headed sphinxes.



A copy of King Tutankhamen's mummy case stands in Gallery A.  
Photo by Charles Slay (with permission of Rosicrucian Egyptian Museum).



museum are original, there are also several rare copies of treasures held in other museums. The most spectacular is the towering, gold King Tutankhamen mummy case, which greets visitors as they enter Gallery A. Another is a copy of the Rosetta Stone, discovered by Napoleon's soldiers in Egypt in 1799, through which scholars were able to translate ancient Egyptian hieroglyphics.

The original of the instantly recognizable Queen Nefertiti bust is in the Berlin Museum, but the copy in the San Jose museum is identical. According to Ewa Erickson, marketing assistant for the Rosicrucian museum, one of Nefertiti's eyes is missing, possibly because she may have been blind in one eye, or it may represent the eye of a god, or it may have just fallen out of the original sculpture. She is nonetheless spectacular.

Other original Egyptian artifacts—pottery, costume and precious jewelry, glass, fabrics, tools and sculptures—are displayed throughout the museum. In Gallery D, hand-made red pottery

from 4,000 years ago is especially unique: it was made before the pottery wheel was in use, but the pieces are

**The Rosicrucian Order is a non-religious, worldwide organization known for its mission to teach inner wisdom and the meaning of life.**

symmetrical in their design. Their varying shapes represented their intended contents, said Erickson, much as a Coke bottle's form would be instantly recognizable to people today.

Also intriguing are the museum's grounds, situated on Rosicrucian Park's five acres. There, amidst a screen of 10-foot high papyrus—yes, it grows well in San Jose—is the Akhnaton meditation shrine, reserved for Rosicrucian members.

The Rosicrucian Order is a non-religious, worldwide organization known for its mission to teach inner wisdom and the meaning of life. Its origins go back to ancient Egypt, and its members help support the operation of the museum and planetarium, including the sponsoring of hieroglyphics and papyrus-making workshops.

The planetarium, which is located diagonally opposite the museum, opened in 1936. It was only the fifth planetarium in the U.S., according to Erickson, and its focus is on how ancient Egyptians used stars to build their pyramids. It presents shows daily.

Elsewhere on the grounds are numerous plantings from around the world, adding to the exotic ambience of the park. "The Fountain of the Living

Waters," its golden statue symbolizing eternal life, transmits its soothing sound to the area, and many benches have been placed near it for visitors. More than 140,000 people tour the museum each year. It is the only museum, worldwide, to have both ancient Egyptian artifacts and an Egyptian-style exterior.

Rosicrucian Park is located at Naglee and Park avenues in the Rose Garden section of San Jose. The museum's main entrance is on Park Avenue. It is open six days a week, 10 a.m.-5 p.m., and is closed on Tuesdays. Parking is free in a lot located one block away, at Naglee Avenue and Chapman Street. For directions and further information on workshops and special presentations, call (408) 947-3635.

Student admission to the museum is \$5; general admission is \$7. Admission to the planetarium shows is \$3.50 for students, \$4 for general admission.



The mummy of Usermontu is 2,600 years old.

Photo by Charles Slay (with permission of Rosicrucian Egyptian Museum).

# A getaway haven

*Shoreline Park offers an escape from civilization*

by Gloria Magaña  
Etc. staff writer

With all the stresses one experiences daily, it is nice to know that there is a place to relax and have some fun without spending a lot of money. Situated on 650 acres, Shoreline Park in Mountain View is a perfect retreat away from the fast-paced, daily hustle of Silicon Valley.

The park offers a clean, well-kept environment, and it is set up for kite flying, hiking, wind surfing, in-line skating, biking and golfing. It comes alive at 8 a.m. when seven miles of trails fill with cyclists, power-walkers and in-line skaters.

There are green signs to direct you to specified areas. Near the entrance, you will come across an area designated for kite flyers. Accessible parking allows you to watch the air show from a distance without having to run for cover. The sky is adorned with colorful red, neon and fluorescent kites. You can hear a light mur-



Visitors enjoy a trail that is alongside the lake in Shoreline Park. Photo by Lea Tauriello

here," Landeros said. "There are good winds here and plenty of open space so you do not have to worry about kites getting caught in the trees or risk losing them."

Colleen Sweeney, a resident of San Jose, has been

When visiting, don't forget to bring binoculars. You may catch a glimpse of more than 154 different species of birds in the marshlands, their natural habitat. Also, squirrels, lizards and jack rabbits may be seen along the trail. From the months of October to February you may be able to get a better glimpse of the many species of birds, since Shoreline Park is a favorite migration stopover point.

Shoreline's salt lake is surrounded by lush green grass trimmed with willow, pines, cypress and maple trees, perfect for sitting under and reading a good book, or enjoying a picnic.

The lake is enjoyed by water-sports enthusiasts, including windsurfers. Allen Carrico, who has been windsurfing since 1985, comes from Oakland because he thinks it is worth the drive.

"This is the closest thing to Club Med," Carrico said. "When there is no wind any place else, you can usually find it here."

If you get the urge to master the winds, lessons are available. Tim McCune, an instructor from the Spinnaker

Sailing School, says this is the ideal place to learn.

Brian Carlson, retail manager for the Spinnaker's Windsurf Center agrees.

"The city lake is in a controlled environment without tides and currents, unlike the bay," Carlson said.

For the hungry, the Lakeside Cafe offers pasta, pizza, salads, sandwiches, soup, dessert and an assortment of drinks. Another restaurant, Michaels, overlooks the par-72, 18-hole golf course driving range. You can putter around before or after you get a bite to eat.

If you are happy with just taking in the view and are something of a history buff, just across the bridge from Michaels is The Rengstorff House, built in 1867. The 12-room "Italianate design Victorian," is open to the public for tours on Sunday, Tuesday and Wednesday from 11 a.m. to 5 p.m. With its large front and back gardens, the house is also used for banquets, weddings and private get-togethers.

For further information, call (650) 903-6392.



Photo by Lea Tauriello

The 50-acre lake attracts water sport enthusiasts.

mur as they dance through the winds in acrobatic motions.

Pablo Landeros has been coming to the park for nearly three years. Besides riding his bike or playing golf with friends, he enjoys kite flying.

"Kite flying is a good way to get away from the pressure of work because it is very quiet

coming to Shoreline Park once a month for over a year to in-line skate.

"The trails are usually not crowded and the winds cool you down, so you do not get too hot," Sweeney said. "The park is clean and the trails are kept up so you find no open cracks along the way."



Photo by Lea Tauriello

Windsurfers learn the basics before heading out.



# Top of the World

## Leaving the urban jungle behind



The peak of Mt. Hamilton offers a panoramic view of the greater Bay area.

Photo by Charles Slay

by Sean Coffey  
Etc. staff writer

**D**id you know you can see Yosemite's Half Dome and the San Francisco Bay from the same place in San Jose? Such spectacular views can be found at the peak of Mt. Hamilton, 25 miles southeast of campus.

At 4,209 feet above sea level, Mt. Hamilton is one of the highest peaks in the Bay area. On a clear day the peak offers a breathtaking view of a large part of California. To the east, the Sierra Nevada mountains are visible, and to the west, the Bay. Binoculars can significantly add to your visual experience.

It's important to time your trip to the top of the mountain carefully. On a windless day, the only breathtaking aspect of the view is the choking smog underneath which we live. Visibility is at its highest on cool, breezy days.

However, the top of Mt. Hamilton is more than just a great vantage point. It is the home of the Lick observatory, which is used to monitor the farthest regions of our galaxy. The observatory houses nine refractory telescopes inside eight domes, which are used for research by some California universities.

Guided tours of the observatory are available every half hour. The public is welcome to observe the telescopes, but cannot use them. You can, however, see photos of nebulas, constellations, planets, the moon and other stellar sights that were taken with the refractory telescopes.

In the past, there was a nighttime summer visitor's program which featured astronomy lectures. The public was

also permitted to use of some of the telescopes. Observatory officials say it's possible that

the program will return in the summer of 1998.

Another site to visit if you

yearn to get a little closer to nature, is Joseph D. Grant County Park. Grant Park lies halfway between SJSU and the peak of Mt. Hamilton. The park offers 40 miles of trails

you hike or bike its trails.

Efforts on the climbs are generously rewarded with impressive views of the Halls Valley.

Nature-watching is a popular attraction since the park is home to 32 species of birds and 39 species of mammals, as well as four different types of oak trees.

There are three small lakes within park boundaries that allow for some fishing and waterfowl observation, but no swimming. There are also picnic areas, and 22 first-come, first-serve campsites.

This time of year, it gets a little cool, so plan to bring a jacket or sweater to either destination. Also, there are no gas stations or markets along the way, so be self-sufficient. Bring a jacket, some food and water, and fill the gas tank.

For more information call:

Lick Observatory Visitor Center: (408) 274-5061

County of Santa Clara Parks and Recreation Department: (408) 358-3741

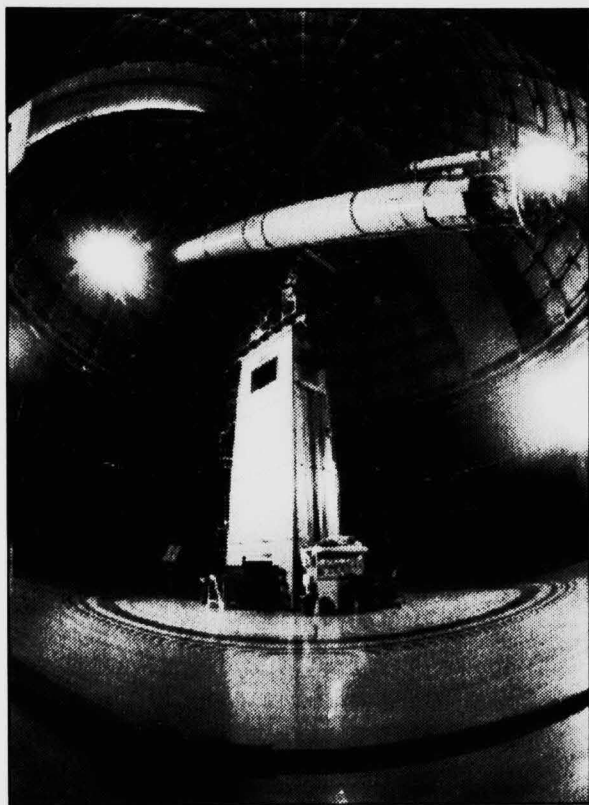


Photo by Charles Slay

The refractory telescope is used for research by California universities.

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that meander along the scenic hills and valleys at the base of Mt. Hamilton. One can hike, pedal, or ride horseback in near seclusion.

Formed by earth movement along the still-active Calaveras Fault, Grant Park is hilly—so plan to huff and puff a bit as

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